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Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al

1/28

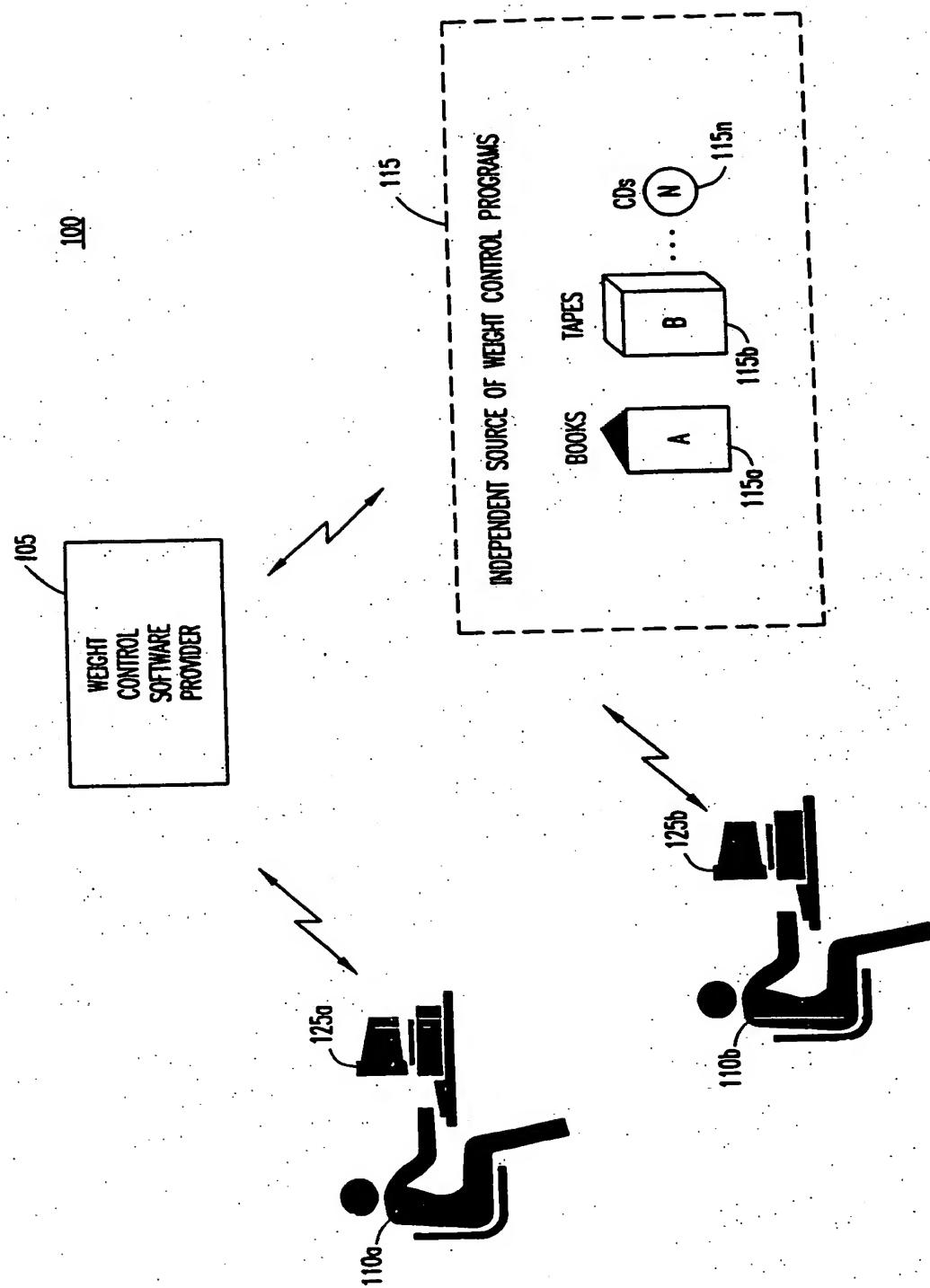


FIG. 1

Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al

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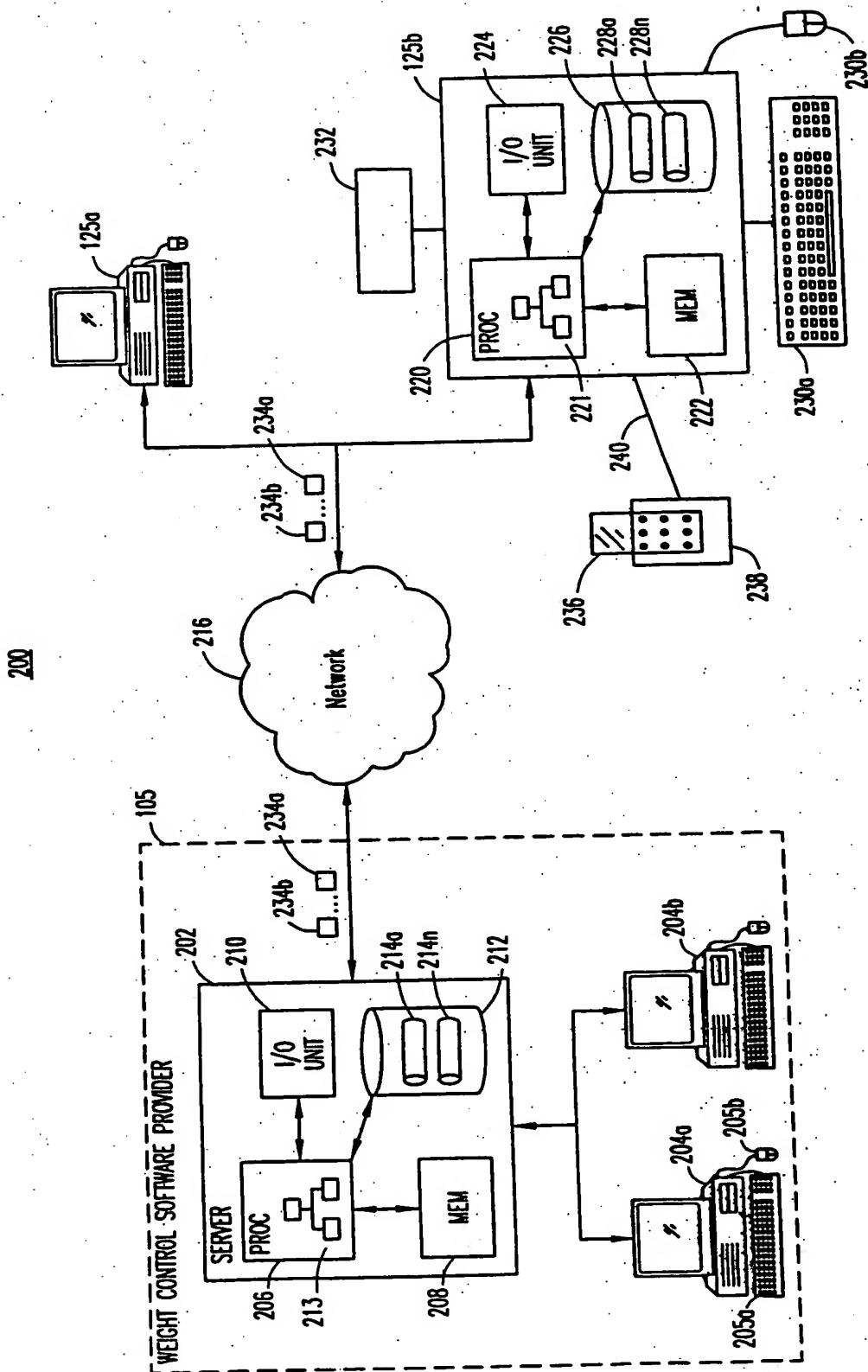


FIG. 2

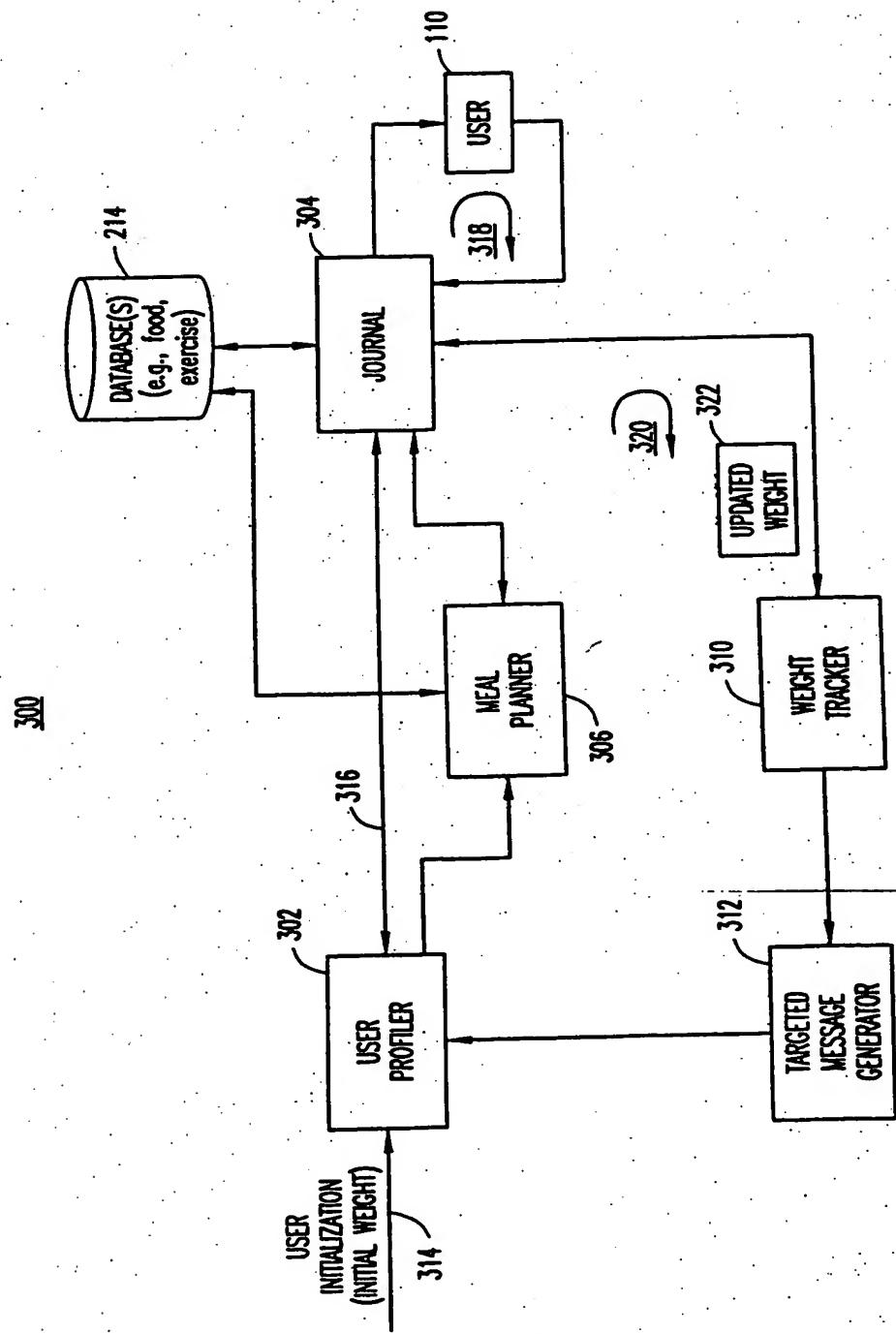


FIG. 3

Weight Control System Having Recipe Builder and Exchange Capability Inventor: Kirchhoff, et al

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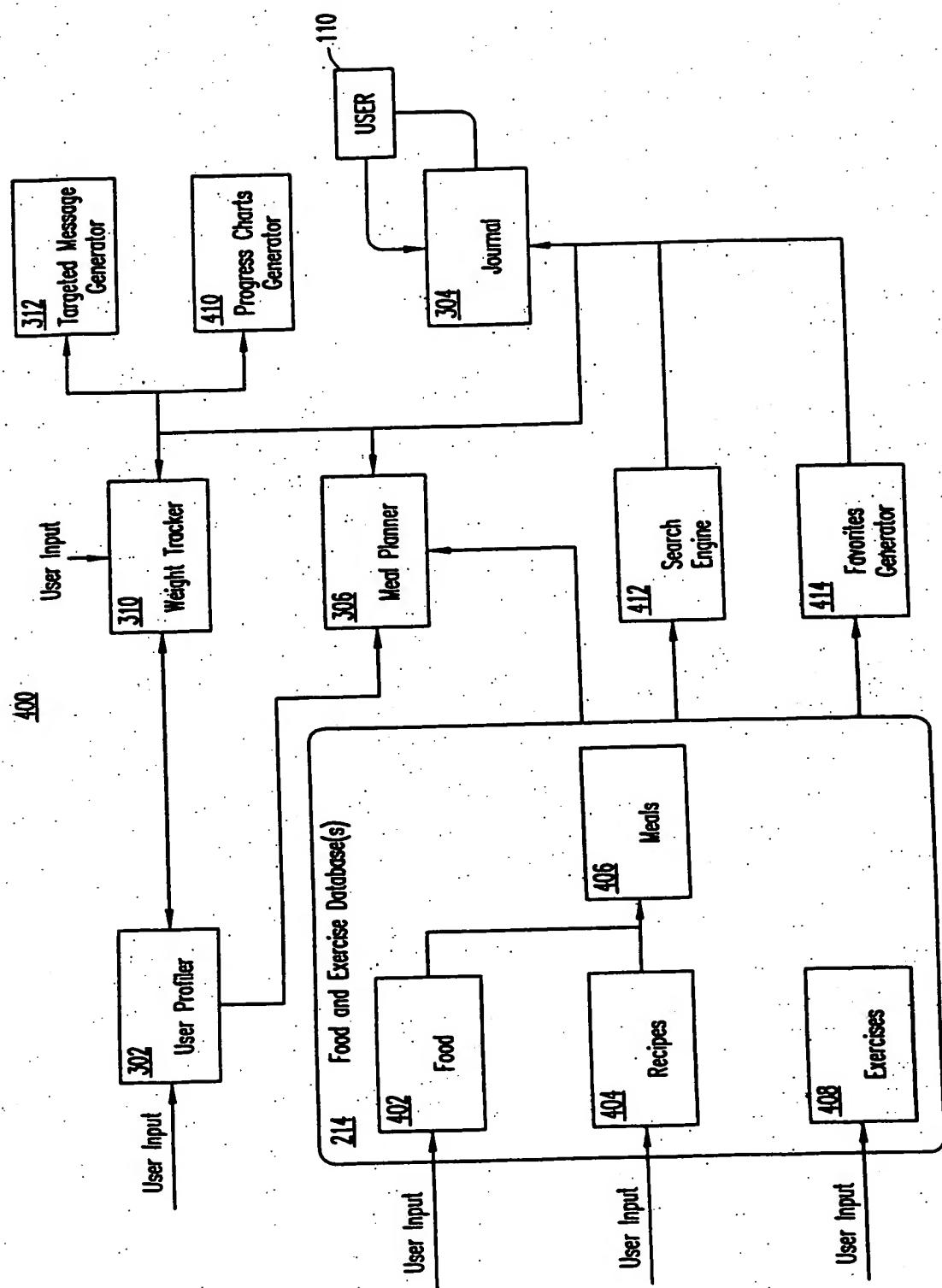


FIG. 4

**Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al**

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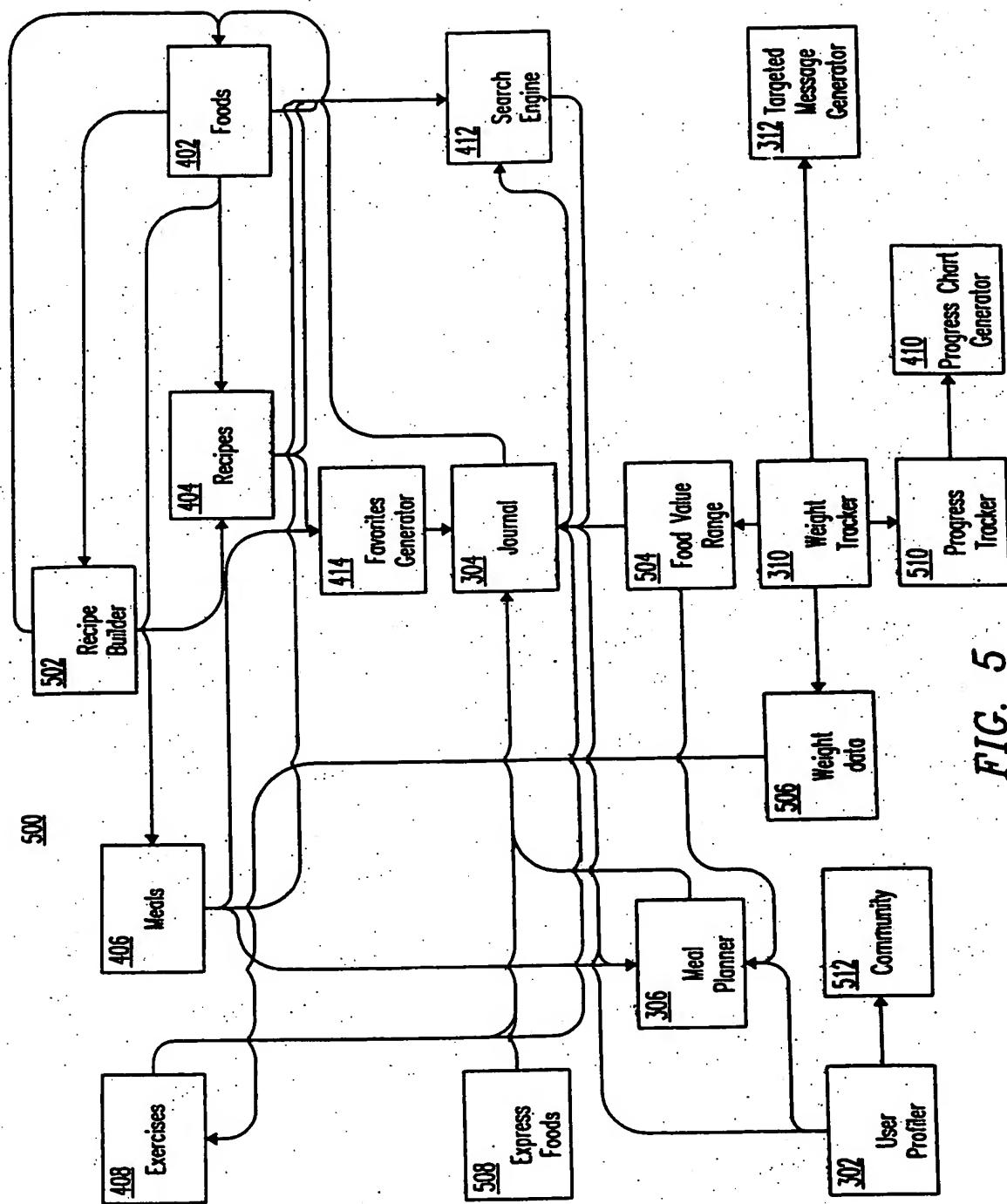


FIG. 5

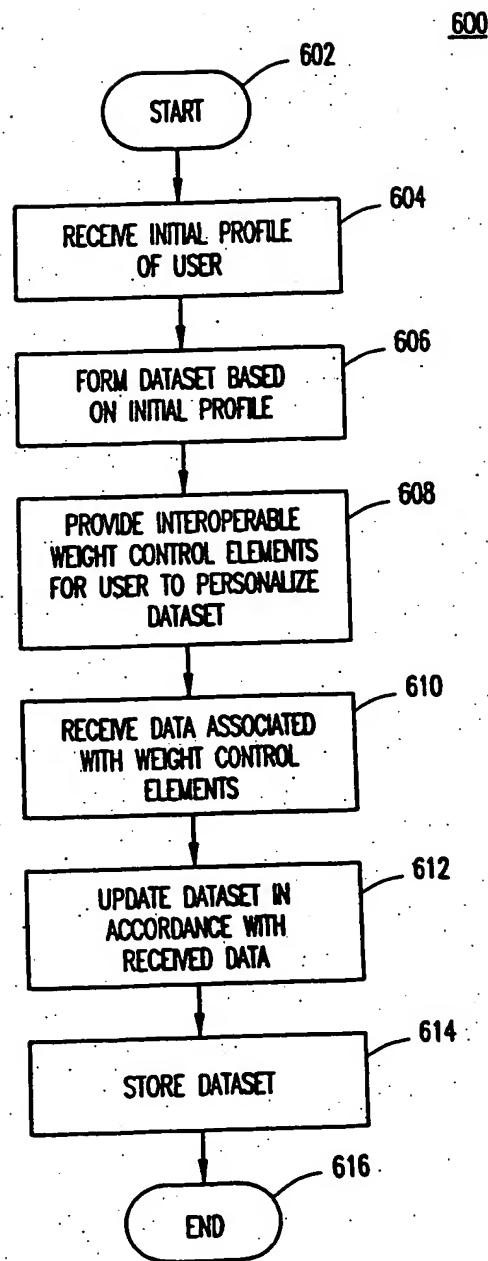


FIG. 6

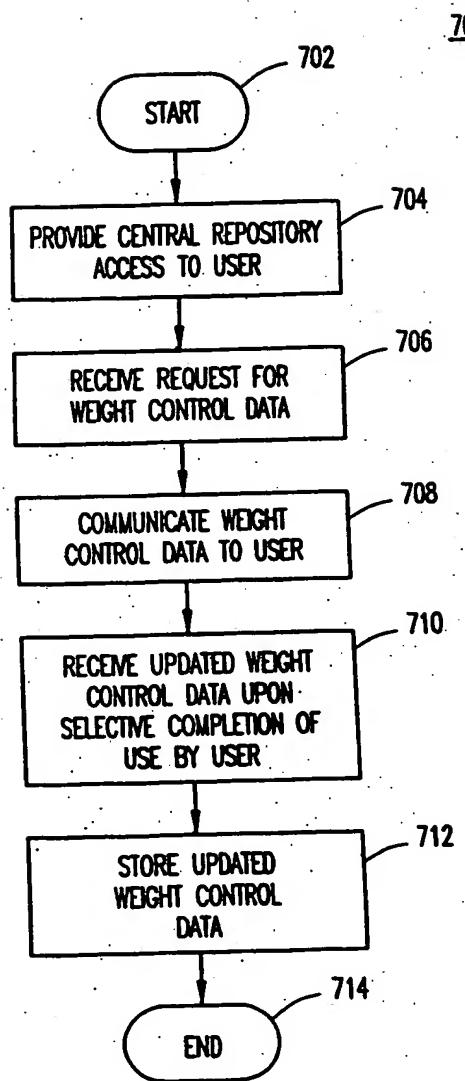


FIG. 7

Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al

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804 808 826
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Journal [Weight Tracker](#) [Progress Charts](#) [My Favorites](#) [POINTS[®] Calculators](#) [Assessment](#) [Tools for Living](#)

step 6 of 6 confirm your information

Please confirm that all details you entered are correct. Click the "make changes" link below to make corrections

Current Weight Information

Current Weight: 223lb
Height: 5'8"
Gender: M
Birthdate: 7/14/1966

[Make changes to Weight Information](#)

Personal Information

First name: John
Last name: Smith
Address: 1 MAIN ST.
City: Anytown
State: NY
Zip code home: 12345
Zip code work: 12346
Country: United States
Phone: (212) 555-1234
E-mail: jsmith@workplace.com

Receive Information: No
E-mail Weight Loss Progress: No
E-mail Format: text
Profession: Professional (e.g., doctor, lawyer)
Marital status: Single
Number of children: 0
Lifetime Member: 98765
Meeting Member number: 98765

[Make changes to Personal Information](#)

Payment Information

Credit Card: Visa
Credit card number: ****1111
Expiration date: 2/2002
Name as it appears on the card: John Q. Smith
Billing Address: 1 MAIN ST.
City: Anytown
State: NY
Zip code: 12345

[Make changes to Payment Information](#)

Total Subscription Charges for
Monthly Fee: \$8.00 x 6=: \$48.00
Savings/Discount: \$0.00
Taxes: \$0.00
Total Charges: \$48.00

8/28
810 812 814 814 816 818 822 824
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Other Characteristics

Altitude: Generally Happy
Athletic: Yes
Eye color: Blue
Hair color: Brown

Other Demographics

Race: Caucasian
Religion: Catholic
Ethnicity: Irish
Blood type: A+

Health Restrictions

None

Desired Meal Plan Type
Regular

FIG. 8

900g

806

806b

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808a

808b

914

my journal ← Friday, Jan 25, 2002 → Target: 27 Range: 22-27 Bank: 3 904d 904b 904c 904d 906

916

DELETE CHECKED ITEMS 918

Check All 910 Total Food POINTS used 24

Morning 912

1 medium pear(s) 1

1 cup light artificially sweetened yogurt 2

1/2 cup General Mills Whole Grain Total 1

6 average almonds 1

MAKE THIS MEAL A FAVORITE Subtotal 5

Midday

6 oz baked potato 3

1 oz low-fat cheddar or colby cheese 1

1/2 cup cooked broccoli 0

2 cup mixed greens 0

1 tsp olive oil 1

1 Tbsp vinegar 0

1 medium orange(s) 1

MAKE THIS MEAL A FAVORITE Subtotal 6

Internet

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time: 908

920 Morning Midday Evening Snack

Step 2: To add food, you can either: 916

- Search our food database **Loast** **FIND**
- Select a favorite: **Select from My Favorites** **ADD**
- Express it! Enter your food and its POINTS value: **Food:** **POINTS:** **ADD**

Need Help? Go to the [Journal User Guide](#)

Find tips from others on the [Weight Watchers eTools Tip Exchange](#)

FIG. 9

1000

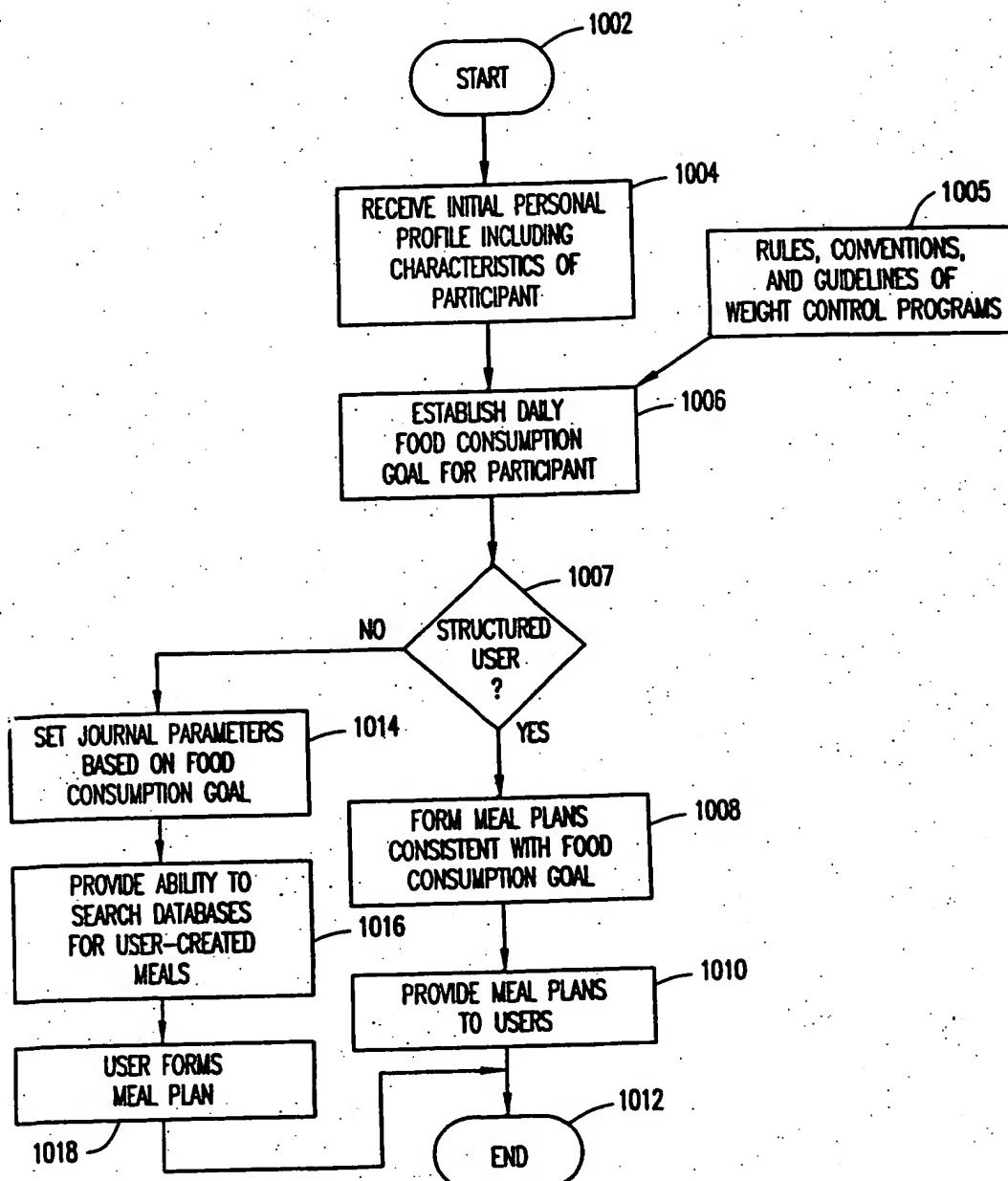


FIG. 10

11/28

900b

File Edit View Go Favorites Help

Back Forward Stop Refresh Home Search Favorites Media History Mail Print Edit

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Journal|Weight Tracker|Progress Charts|My Favorites|POINTS[®] Calculators|Assessment|Tools for Living|Intro to eTools

my journal < Friday, Jan 25, 2002 > Target: 27 Range: 22-27 Bank: 3 print day print blank journal user guide

904b 906

Add Food Add Exercise Notes Calendar

Step 1: To add an exercise, you can either:

- Search our exercise database or view all activities: weight lifting FIND 1106
- Select a favorite: E.g. Favorites Select from My Favorites ADD
- Express it! Enter your food and its POINTS value: Food: POINTS: ADD 1102

1104

Need Help? Go to the Journal User Guide

Find tips from others on the eTools Tip Exchange

1102

3/4 cup cooked brown rice Subtotal 3

MAKE THIS MEAL A FAVORITE

Snack

1 cup light artificially sweetened yogurt 2

1/2 cup sugar-free fruit flavored gelatin 0

2 Tbsp aerosol whipped cream 0

1 Tbsp sprinkles 1

3/4 oz chocolate chips 2

MAKE THIS MEAL A FAVORITE Subtotal 5

Total Food POINTS used 24

Total Food POINTS left for today 3

Exercise

30 min walking, leisure 1

Total Activity POINTS earned 1

Check off daily on these important items

Water Multivitamin Supplement

Internet

FIG. 11

900c

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914 → my journal ← Friday, Jan 25, 2002 ► Target: 27 Range: 22-27 Bank: 3 [print day](#) [print blank journal](#) [user guide](#) 906

Add Food Add Exercise Notes Calendar

Step 1: Select a meal time:
 Morning Midday Evening Snack

Step 2: To add food, you can either:

- Search our food database [FIND](#)
- Select a favorite [Edit Favorites](#) [ADD](#)
- Express it! Enter your food and its POINTS value:
 Food: POINTS: [ADD](#)

 [POINTZ Calculator](#)

Need Help? Go to the [Journal User Guide](#)  Find tips from others on the [eTools Tip Exchange](#)

Calculate POINTS for recipes and food combos (e.g. coffee, milk & sugar)

View your meal plans

1202 →

DELETE CHECKED ITEMS SAVE & BANK Total Food POINTS used 24

Check All

Morning

3 slice(s) crisp cooked bacon 4

2 large fried egg(s) 5

MAKE THIS MEAL A FAVORITE Subtotal 9

Midday

1 small serving(s) cooked lean beef steak 7

1 cup(s) fruit salad 2

MAKE THIS MEAL A FAVORITE Subtotal 9

Evening

Subtotal 0

Snack

Subtotal 0

1102 → Total Food POINTS used 18

Total Food POINTS left for today 9

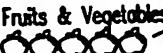
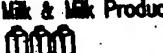
Exercise

60 min jogging 7

Total Activity POINTS earned 7

Check off daily on these important items

Water  1204 Multivitamin Supplement

Fruits & Vegetables  1206 Milk & Milk Products 

DELETE CHECKED ITEMS SAVE & BANK

Internet

FIG. 12

900d

914 →

904d →

my journal ← Friday, Jan 25, 2002 → Target: 27 Range: 22-27 Bank: 0

print day print blank journal user guide

906

Add Food **Add Exercise** **Notes** **Calendar**

Click on any date below to view your journal entries for that specific day. To view a different month, click on the forward or back arrows.

1302

Calendar Key

Today's date
The journal day you are viewing
Your scheduled weight tracking day
journal is complete: POINTS are banked!

Need Help? Go to the Journal User Guide

Find tips from others on the eTools Tip Exchange

DELETE CHECKED ITEMS **SAVE & BANK**

Check All Total Food POINTS used 24

Morning

3 slice(s) crisp cooked bacon 4

2 large fried egg(s) 5

MAKE THIS MEAL A FAVORITE Subtotal 9

Midday

1 small serving(s) cooked lean beef steak 7

1 cup(s) fruit salad 2

MAKE THIS MEAL A FAVORITE Subtotal 9

Evening

Subtotal 0

Snack

Subtotal 0

Total Food POINTS used 18

Total Food POINTS left for today 9

Exercise

Internet

FIG. 13

Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al

14/28

1400

806e

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meal plans

808c

my 7-day meal plan

Using a meal plan is simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, see our meal plan user guide.

[view next week's plan](#)

[see Daily View](#)

Jan 23 - Jan 29

[add plan to my journal](#)

1402

POINTS

WEDNESDAY

23

MORNING:

Cheese Omelet

6

MIDDAY:

Veggie Chili

5

EVENING:

Apricot Turkey Br.

7

SNACK:

Snacks and Treats

5



POINTS

THURSDAY

23

MORNING:

Almond Apricot Flakes

6

MIDDAY:

Turkey Roller

5

EVENING:

Orange-Lemon Scallops

7

SNACK:

Throughout the Day

5

POINTS

SATURDAY

24

MORNING:

From the Coffee Shop

5

MIDDAY:

Grilled Swordfish

6

EVENING:

Indian Take-Out

8

SNACK:

On the Go

5

POINTS

MONDAY

23

MORNING:

Apricot Yoghurt Sundae

5

MIDDAY:

Super Salad

6

EVENING:

Quick Bite Bistro

7

SNACK:

Crunchy Snacks

5

POINTS

TUESDAY

24

MORNING:

Apple-Almond Topp

6

MIDDAY:

Bacon & Grill

5

EVENING:

Turkey-Squash St

8

SNACK:

Sweet and Salty S

5

[add plan to my journal](#)

[view next week's plan](#)

[see Daily View](#)

FIG. 14

need help?

Learn more and
answer questions in
our meal plan user
guide.

- [meal plan user guide](#)
- [meal planner profile](#)
- [Plan for Me-Plan](#)
- [Special diet/Regular](#)
- [POINTS range: 22-27](#)
- [edit meal plan profile](#)
- [about meal plans](#)

my shortcuts
to weight loss tools.

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MY MEETINGS

75202 | edit

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meal plans

my 7-day meal plan

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[next day](#) | [weekly view](#)

WED Jan 23 | 23 POINTS

[update my meal plan](#)

1504

need help?

Learn more and
ask our questions in
our meal plan user
guide.

- [meal plan user guide](#)
- [meal planner profile](#)
- [Plan for Me-Plan](#)
- [Special diet \(Regular\)](#)
- [POINTS range: 22-27](#)
- [edit meal plan profile](#)
- [about meal plans](#)

MORNING:

[Swap for another meal?](#)

POINTS

Cheese Omelet	6
■ 3 medium egg white(s)	1
■ 1 tsp basil	0
■ 1 oz low-fat cheddar or colby cheese	1
■ 1 slice high-fiber bread	1
■ 1 cup canned fruit cocktail, packed in water	1
■ 1 cup low-fat milk	2

1502

MIDDAY:

[Swap for another meal?](#)

POINTS

Veggie Chili	5
■ 1 cup Health Valley Mild Vegetarian Chili	2
■ 1 cup fresh vegetable sticks	0
■ 1 Tbsp reduced-calorie salad dressing	1
■ 1 cup grapes	1
■ 1 slice toasted whole bread	1
■ 1 Tbsp I Can't Believe It's Not Butter! Fat-Free Margarine	0

EVENING:

[Swap for another meal?](#)

POINTS

Apricot Turkey Breast with Cinnamon Squash	7
■ 4 oz boneless, skinless turkey breast(s)	3
■ 1 Tbsp apricot jam	1
■ 1 tsp ground ginger	0
■ 3/4 medium acorn squash	2
■ 1/8 tsp ground cinnamon	0
■ 1 Tbsp light butter	1
■ 1 1/2 cup green snap beans	0

SNACK:

[Swap for another meal?](#)

POINTS

Snacks and Treats	5
■ 1 cup 0-POINT soup	0
■ 1 cup fresh vegetable sticks	0

FIG. 15A

1500b

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my 7-day meal plan

Using a meal plan is a simple way to kick-start your weight loss. Whether you follow the meal plan to the letter or simply use it for ideas and inspiration is up to you. For help using the meal plan, see our meal plan user guide.

[next day](#) | [weekly view](#)

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• [meal plan user guide](#)
[meal planner profile](#)
[Plan for Me-Plan](#)
[Special diet](#) | [Regular](#)
[POINTS range](#) 22-27
[edit meal plan profile](#)
[about meal plans](#)

WED Jan 23 | 23 POINTS [update my meal plan](#)

MORNING: [Swap for another meal?](#)

1. [Cheese Omelet](#)
 3. medium egg, whi
 1 tsp basil
 1 oz low-fat chedd
 1 slice high-fiber
 1 cup canned fruit
 1 cup low-fat milk

2. [Almond Apricot Flakes](#)
[Yogurt Topped Fruit](#)
[From the Coffee Shop](#)
[Raisin Nut Flakes](#)
[Apricot Yogurt Sundae](#)
[Apple-Almond Topped Pancakes](#)

1506

Internet

FIG. 15B

900e

The screenshot shows a web-based application with a menu bar (File, Edit, View, Go, Favorites, Help) and a toolbar (Back, Forward, Stop, Refresh, Home, Search, Favorites, Media, History, Mail, Print, Edit). The address bar shows 'http://'. Below the toolbar is a navigation bar with links: home, my plan, community, sucess stories, food & recipes, healthy life, fitness, just for me, shop, Journal, Weight Tracker, Progress Charts, My Favorites, POINTS[®] Calculators, Assessment, Tools for Living, Intro to eTools, and a panic button. The main content area is titled 'my journal' and shows the date as Tuesday, Jan 22, 2002. It includes a 'Thanks!' message, a 'TODAY'S TALLY' table, a 'BANK BALANCE' table, and a message about the bank balance resetting. On the left, a sidebar lists 'my shortcuts to weight loss tools' (Logout, Welcome Kevin!, I'm not Kevin!, Pick my own!), 'MY TOOLS' (Journal, Weight Tracker, Meal Plans, POINTS[®] Calculators, Recipe Search, Recipe Builder), 'MY RESOURCES' (Intro to eTools, Tools for Living, Hot eTools Topic of the Week, Eating Out Guide, eTools Tip Exchange, Favorite Recipes, Favorite Boards), and 'MY MEETINGS'. At the bottom are links for Need Help?, Find tips from others on the eTools Tip Exchange, and Internet.

TODAY'S TALLY		Today's POINTS
Target POINTS for today	27	
Food POINTS used	28	
Activity POINTS earned (maximum 4 per day)	4	
Banked POINTS	3	

BANK BALANCE		Today's POINTS
Your new bank balance	3	
Your bank balance will reset to zero on:	Wednesday, Jan 30, 2002	

FIG. 16A

900f

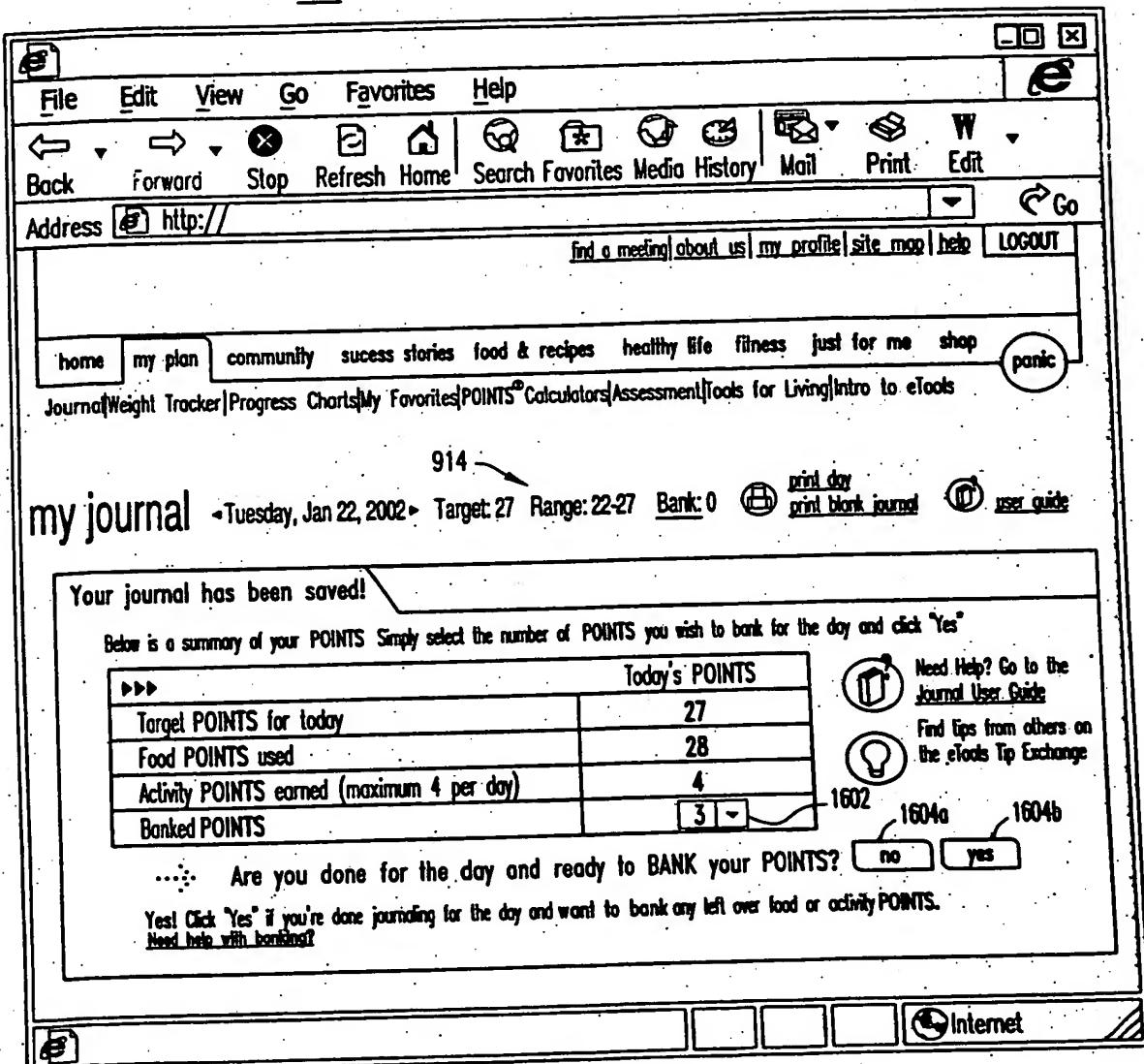


FIG. 16B

19/28

1700

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recipes

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to weight loss tools.

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[eTools Tip](#)

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MY MEETINGS

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results of search or browse

Search Details: Keywords: chicken. Points Range: 5 to 7

Your search returned 48 recipes page 1 of 3 prev next

Browse



Search Keywords:

POINTS range: to

Looking for more options? [Refine your search](#).

1702

Recipe, POINTS per serving

Apple Braised Chicken, 5
Baked Chicken with Sun dried Tomato Sauce, 5
Barbecue Chicken and Black Bean Pizza, 7
Bosque Chicken, 7
Chicken and Dumplings, 5
Chicken and Sausage Gumbo, 6
Chicken Burritos, 5
Chicken Enchiladas, 7
Chicken Fajitas, 6
Chicken Fingers with Barbecue Sauce, 5
Chicken in Apricot Sauce, 5
Chicken Jambalaya, 6
Chicken Mole Wings, 7
Chicken Paella, 7
Chicken Parmigiana Sandwich, 6
Chicken Poppers, 6

Chicken Pot Pie, 6
Chicken Salad in Whole-Wheat Bread Bowl, 5
Chicken Souffle with Pine Nuts, 6
Chicken Stew with Artichokes and Tomatoes, 5

Course	Time
Main Meals	55 min
Main Meals	30 min
Main Meals	30 min
Main Meals	45 min
Main Meals	40 min
Main Meals, Soups	33 min
Main Meals	37 min
Main Meals	60 min
Main Meals	25 min
Main Meals	22 min
Main Meals	45 min
Main Meals	50 min
Main Meals	31 min
Main Meals	330 min
Sandwiches	35 min
Main Meals, Side Dishes	20 min
Main Meals	65 min
Main Meals	20 min
Main Meals	25 min
Main Meals	50 min

Browse



Search Keywords:

POINTS range: to

Looking for more options? [Refine your search](#).

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page 1 of 3 prev next

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- [Calculate food POINTS](#)

recipe plans
Find POINTS for your favorite recipes.

- [Calculate recipe POINTS](#)

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Get delicious meal suggestions for every day of the week.

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FIG. 17

Weight Control System
Having Recipe Builder
and Exchange Capability
Inventor: Kirchhoff, et al

20/28

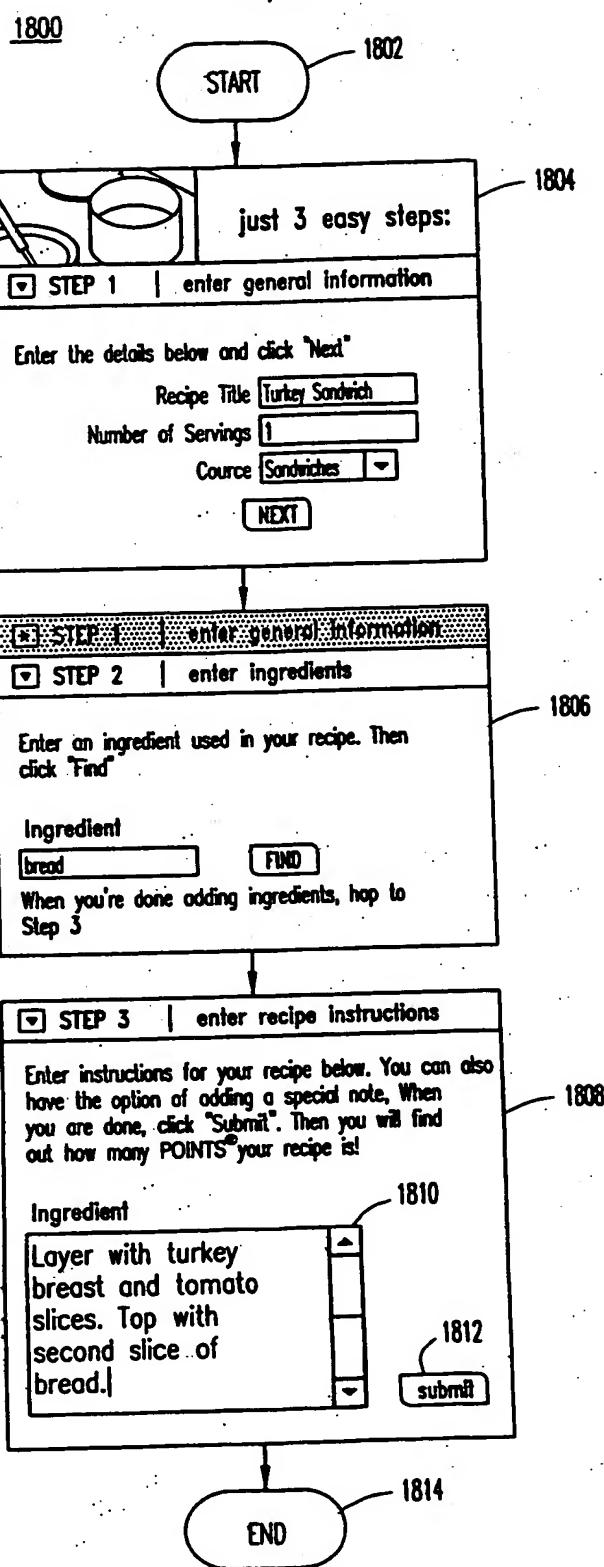


FIG. 18

806b 1900

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weight tracker Wednesday, January 16, 2002

Total weight loss  10.0 LBS.

Most recent weight: 221.6bs on 1/14/2002
POINTS Range: 22-27
Meeting day: Monday 1902

Milestones: 

Thank You  [VIEW PROGRESS CHARTS](#)

Thank you for logging your weight this week!
Please return next Monday to log your weight.
Share stories on [Tales from the Scale](#)

► ENTER PREVIOUS WEIGHT

health & safety

we put your health and safety first. Learn about how your weight and weight-loss efforts can affect your health.

- What's your BMI
- Effects of Rapid Weight Loss

getting to weight goal

Whether you lost big this week or were a little disappointed, remember to take time out to get inspired all over again.

- 18 Ways to Reward Yourself
- Create a Motivating Strategy

learn more, weigh less

Make the scale your friend each week by getting tips from weight-loss experts and follow doctors advice!

- The Great Weight-In
- 20 Weight Loss Tips (from Real Meeting-Goers!)

4 sticks of butter

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FIG. 19

22/28

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to weight loss tools.

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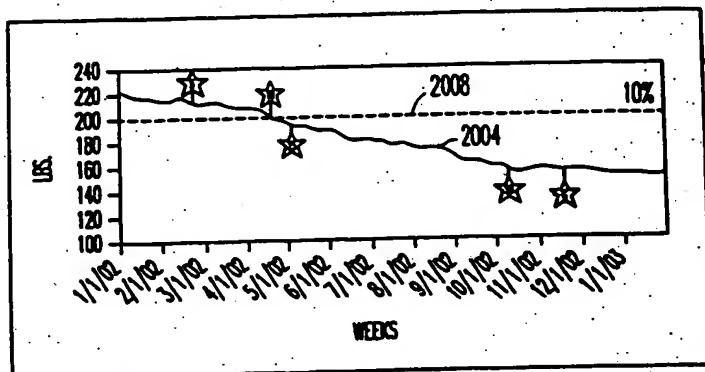
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progress charts
progress charts

Refer to the progress chart to get a visual of your weight-loss progress. To view other months, select 'previous' or 'next' below. To make sure your progress chart is accurate, you can [enter previous weights](#) or [edit weights you have already entered](#).



Tip! By clicking on any of the points on the chart, you can get direct access to your journal for that week.

Milestones:  5

Key:

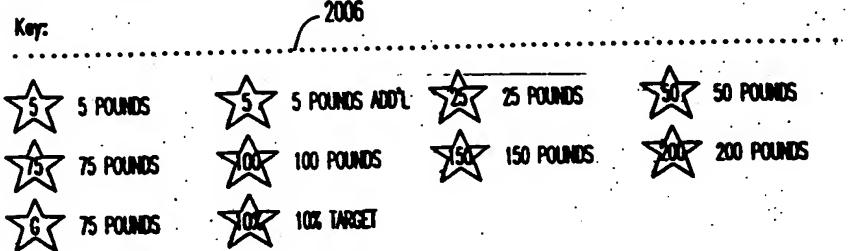


FIG. 20

2100

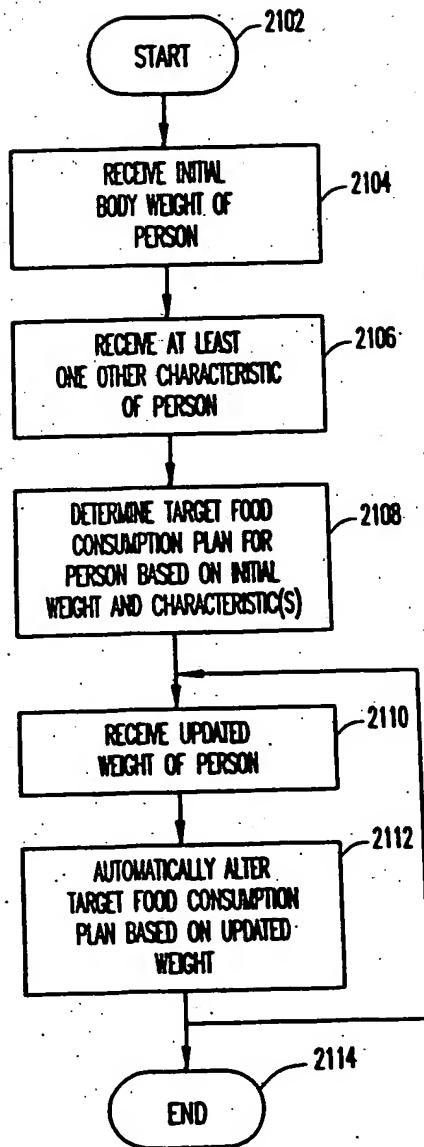


FIG. 21

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shop

panic

826

your best resource

Thousands of people just like you use our chat and message boards for

inspiration and encouragement. See how they tackled the problems you face.

- [chat with others now](#)
- [go to newbie board](#)

your best resource

Our leaders provide the best answers to all your questions about weight loss.

- [find a meeting](#)

get help

Panicking cause you're having problems using some of the tools on our site?

- [frequently asked questions](#)

don't panic!

...we know how hard it can be.

Never trade what you want at the moment for what you want most.

Everyone has moments of panic, or days of stress, or even weeks when they're just frantic. That's why we've created the "Panic Page." It will help point you down the right path when you're stressed out about your weight loss.

First of all, we're here to provide the connections you need in order to talk to others who've been there. Get in touch and talk it over on our message boards and in our chat rooms.

And read up on your rough spots, too. Here are some potential "Panic" situations. If one sounds familiar, click on the link for some sound solutions.

- [I want to lose weight, but I can't seem to get started.](#)
- [My weight-loss is at a standstill.](#)
- [I've fallen off the wagon.](#)
- [I'm thinking of quitting.](#)
- [I gained this week.](#)
- [I can't do this.](#)
- [I just ate a whole chocolate cake.](#)
- [I can't stop overeating!](#)
- [Everybody I know is losing weight except me.](#)
- [I'm stressed!](#)
- [My family and friends keep bringing me food!](#)
- [My spouse doesn't seem to want me to lose weight.](#)
- [I'm planning a vacation. How will I stay on track while away?](#)
- [My friends have asked me to go out to eat with them.](#)
- [I have zero POINTS left for the day!](#)
- [Somebody just said something really hurtful to me.](#)
- [None of my jeans fit me anymore!](#)
- [I'm too big to fit into a bus seat.](#)
- [I'm going to have to stand in front of a crowd. People will notice me.](#)
- [I feel so lonely.](#)
- [I'm bored with trying to lose weight.](#)
- [I'm frustrated with trying to lose weight.](#)
- [I hate exercising.](#)
- [I've lost my motivation.](#)
- [I feel thinner and look thinner, but I'm not losing pounds.](#)

2202

FIG. 22

25/28

2300

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Select another page in my profile [Logout](#)

Your public profile lets others using the site learn about you. To make a detail appear in your profile, check the "Add to public profile" box. You can also enter fun details, such as your favorite quote, below. When you are done, click "Submit."

Important: Any information you can consent to being publicly available can be seen by any user on this website. [Learn more about public profiles.](#)

2304  2302 

make public

User name: John Smith

E-mail address: jsmith@workplace.com

Birthdate: 07/14/66

Gender: Male

Marital status: Single

Number of children: 0

Profession: Professional (e.g. doctor, lawyer)

Astrological sign: Cancer

My home page: <http://www.workplace.com>

Astrological sign: Beam me up, Scottie

Enter your start, goal and current weights below. It will display in this order in your signature: 180/169.4/141

Start weight: 223 lbs

Current weight: 221 lbs

Weight goal: 150 lbs

2306 

[submit](#)

 Internet

FIG. 23

806c

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808c

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share favorite recipes with friends

Welcome to Community Recipe Swap, the place to share your most delicious, POINTS™-worthy recipes with our online community. You can also search our growing database of more than 200 recipes (and counting).

- Share your recipe
- Search recipes

2402

15 recent recipes

SHARE YOUR RECIPE		SEARCH RECIPES	
Recipe Name	User Name	Posted	
Veggie Omelet	smiles_niki	01/26/2002	
chocolate peanut butter parfa	decharlizbene	01/26/2002	
Peanut butter & Raisin Cakes	jennifergracem	01/26/2002	
Pink cloud	justiveel	01/26/2002	
Mini Macho-Toffee Crunch Cheesecakes	pl2001	01/26/2002	
Autumn Bisque	momacake	01/25/2002	
Fruit Fluff	kronise	01/25/2002	
Green Bean Soup	bswan628	01/25/2002	
greek Omelet	suzanach7	01/25/2002	
<input type="button" value="SHARE YOUR RECIPE"/>		<input type="button" value="SEARCH RECIPES"/>	

2406

Main

Share your recipe

Search recipes

subscriber highlight

recipe search

Search more than 700 official recipes.

Keywords:

POINTS

refine search

for subscribers only

POINTS calculator

Find POINTS for thousands of foods.

- Calculate food POINTS

recipe builder

Find POINTS for your favorite recipes.

- Calculate recipes POINTS

meal plans

Get delicious meal suggestions for every day of the week.

- View Meal Plans
- Learn more about subscriber benefits

Internet

FIG. 24A

806c

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808c

community recipe swap

share your recipe

Main

Share your recipe

Search recipes

Sharing your personal recipes is easy! To swap your recipe, simply fill in the details below and click "Submit". Why not include a special note letting others know why you love the recipe and how it's helped you stick to your POINTS.

IMPORTANT: You should only swap your personal recipes and not recipes that are someone else's or that you copied from publications such as cookbooks or magazines.

2408

Recipe Title: 2410

From the Kitchen of:

Meal Course: Breakfast 2412

Number of Servings: 2414

Estimated POINTS per serving: 2416

Ingredients: 2418

Instructions: 2420

Special Notes: 2422

2424

RESET SUBMIT

Internet

FIG. 24B

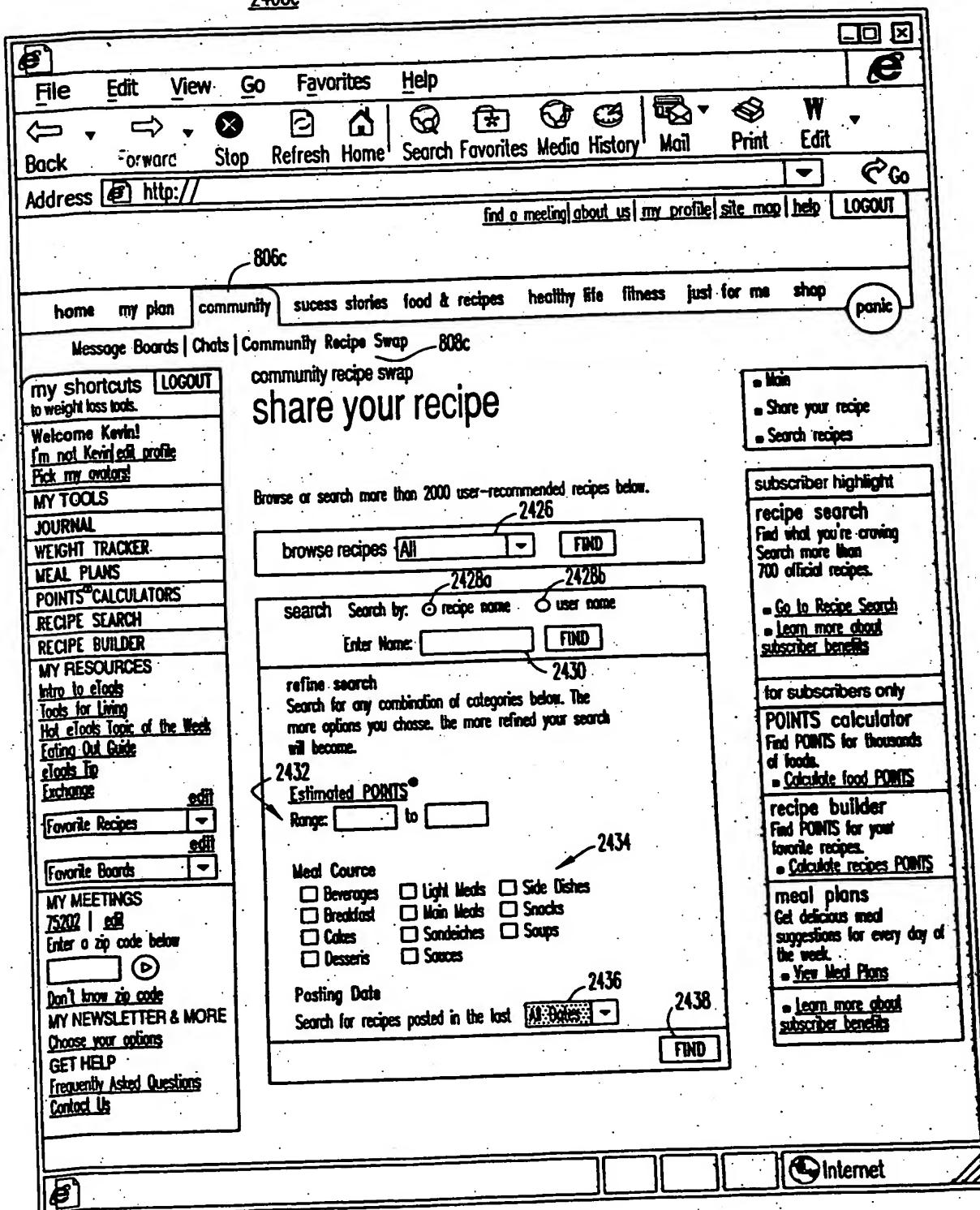


FIG. 24C